

# Patrika

## Chinmaya Mission Los Angeles

JANUARY 2014

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### CHINMAYA MISSION LOS ANGELES

Vedanta, Wisdom, Spiritual Growth

Chinmaya Rameshwaram

14451 Franklin Ave

Tustin, CA 92780-7012

USA

Email: chinmayalaORG@gmail.com

Over Thirty Years Of Service To Humanity



### Upcoming Events

Siva Lakshaarchana by Satellite BV & Rameshwaram Teachers	Feb 22	8:30 am-10:30 am
Siva Lakshaarchana by Rameshwaram Parents (Session 1 & 2)	Feb 23	9:00 am, 12:00 noon
Mahaashivaratri Celebrations	Feb 28	
Mahanyaasam, Ekaadasa Rudra Homa (Temple & Dining Hall)		6:30 am to 12:00 noon
Dharmaabhishekam by public (Temple)		6:00 pm to 7:45 pm
Dance Presentation (by Shradha Mididadi)		6:30 pm to 7:15 pm
Bhajans (by Shruti Choir)		7:15 pm to 8:00 pm
Shivaanjali (by Shakti School of Bharatanatyam)		8:00 pm to 8:45 pm
Abhishekam by sponsors (Temple)		8:45 pm to 9:15 pm
Rudraabhishekam (Temple)		9:15 pm to midnight
Mahamangala Aarti (Temple)		12:00 midnight

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### Thus Spake The Master

*There is nothing as beneficial for erasing the ego and personal vanity, as patiently hearing opposition.*

- Swami Chinmayananda

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### THINK!

*Smile is stretch of lips  
Yoga is stretch of body  
Health is stretch of life  
Laughter is the stretch of mind  
Devotion is the stretch of heart  
Wisdom is the stretch of knowledge  
Enlightenment is stretch of Self  
STRETCH.....get out of STRESS*

- Swami Ishwarananda

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## Music and Prayer Mark Celebrations as Chinmaya Rameshwaram Turns Four

Chinmaya Rameshwaram in Tustin, celebrated its fourth anniversary on January 18. It was a day when long time CMLA members recalled the beginnings of the mission in Southern California, their unparalleled moments when Gurudev Chinmayananda visited the area, the start of the Bala Vihar movement in people's homes by Acharya Mahadevanji and finally the exponential growth of the mission with the arrival of Swami Ishwarananda.

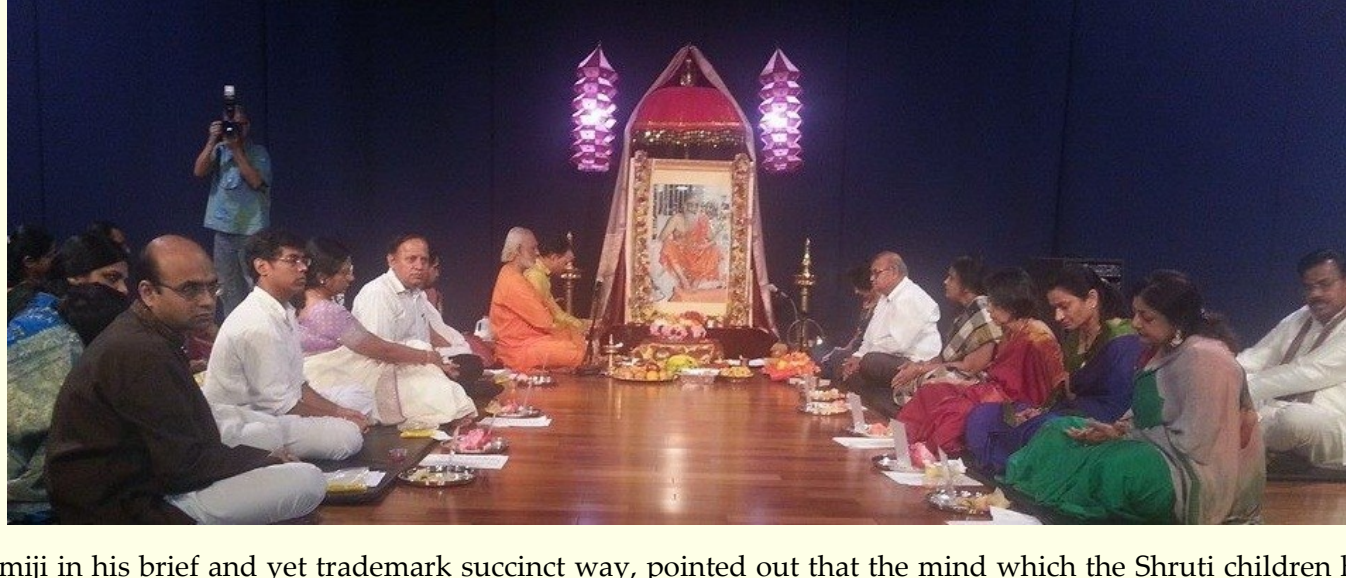


Both the Acharyas were present and participated in the Ganesha, Navagraha and Rudra Homams led by Pandit Sivaramakrishnan and CMLA ritviks.

After this, the entire congregation met in the main auditorium where Gurudev's padukas were carried in procession, to the accompaniment of chendi music, by Acharya Mahadevanji along with devoted CM member Madhu Sharma who bore on her head another set of padukas blessed by Guruji Swami Tejomayananda.



The entire congregation actively joined in the paduka puja chanting the Guru Stotram, Chinmaya Ashtottara Nāmāvali, Guru Paduka stotram and Purusha Suktam. Offerings of music were made by the adult Swaranjali group of singers as well as the young ones of Shruti. Both invoked the Guru and God with the final bhajan being, "Humko Mann Ki Shakti Dena".



Swamiji in his brief and yet trademark succinct way, pointed out that the mind which the Shruti children had sung about was related to the moon in its characteristic of waxing and waning and would remain in darkness if it were not for the intellect represented by the sun. It was the auspicious start of Uttarayana - where the sun transitions in the cosmos according to Hindu cosmology marking the end of winter - and Swamiji said, was a period of auspicious beginnings, the exact time when Rameshwaram had been inaugurated. Without the sun little was possible in life as we know it and so it is with the intellect. So he urged all to do what the second refrain of the bhajan says and work toward gaining control of the mind, " ...Mann Vijay Kare..."

After Chinmaya arati, everyone received fruit prasad from Swamiji and then partook of lunch mahaprasad.

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## Pack Values and Make College An Exciting Adventure, Says Swamiji

As the rest of the country shivered and hunkered down, the Caspers Regional Park in the hills of San Juan Capistrano showcased a perfect California day, at a balmy 75 F on January 11. The 40 kids from the 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades of CMLA Bala Vihar, on a day long retreat with Swami Ishwarananda took full advantage of the weather, setting and the company to engage in activities that was fulfilling and fun.



The kids met early a.m. at Rameshwaram to be carpooled by volunteer parents and teachers to the park. The picturesque morning began with yoga under the trees. After some dynamic Surya Namaskars, everyone enjoyed a light breakfast.



Led by Swamiji, and with energy and enthusiasm, the entire group then began the one-and-a-half-hour hike on the Quail Trail. Swamiji mixed and mingled with the kids as they hiked and enjoyed the fresh air and brilliant views. After seeing only nature and mountains (and signs to beware of mountain lions!) it felt the city was much further away than the 40-minute car ride it took to get there.



Upon return from the hike, Swamiji spoke with the prospective college students about the need to "pack" the core values learned during their Bala Vihar years and the importance of really appreciating this exciting adventure they were going to about to embark on - COLLEGE!



As parents and the other adults then stepped away, the students enjoyed lunch and conversations with the graduates, listening to college experiences and asking insightful questions.



By day's end all had made new friends and were anxiously talking about and planning the next hike... and even contemplating an overnight camping event..

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## Stop Diabetes Movement with Yoga Launched in CMLA

On January.30, Swami Ishwarananda launched the Stop Diabetes Movement at Chinmaya Rameshwaram. The twice weekly yoga classes to begin from February10, is a continuation of the ongoing CMLA-VYASALA sessions that are offered for all.

The launch was on the occasion of the visit and talk by Dr. Nagendra, Chancellor of SVYASA University in Bengaluru who made a presentation on the efficacy of yoga to combat diabetes.

The audience learned from his talk, that the Stop Diabetes Movement that SVYASA has been propagating after scientific case studies, can be managed and even reversed through yogic practices and lifestyle changes. He said the program had been offered to over 25,000 patients by them and met with a very large degree of success. Nagendraji said he hopes that now those outside India can benefit from India's wisdom of the ages.

Swamiji thanked Dr.Nagendra for sharing his scientific insight into Yoga and inspired the audience members to take up yoga practice that requires little resources other than oneself and some free space. He himself, he said, engages in yoga regularly, with consistency being key to reaping the benefits of yoga. Finally Swamiji also asked the members to visit SVYASA and Arogyadhama, the yoga institutions health center to experience the wholesome atmosphere, like he himself did a couple of years ago.

Those who have been regulars of the CMLA-VYASALA classes then spontaneously spoke up with enthusiasm on the benefits they have been experiencing with input ranging from: "It has helped to relieve persistent tension from my shoulders and I love how light and loose I feel" to "It has just been amazing - how I don't feel the tension headaches and I feel so calm and relaxed" and "I had no idea the breathing practices and pranayama will help me so much during the Kailash Yatra" and even, "I come to get prepared for the next week because it clears my head".

K.V. Chakrapani, who runs the Southern California chapter VYASA-LA detailed the activities that have been undertaken in Southern California.

The session was concluded with Shanthi Manthra. Several from the audience signed up to indicate their interest in attending the classes that will commence February 10<sup>th</sup> on Mondays and Thursdays from 7 - 8:15 p.m.

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